

ABSTRACT OF THE DISCLOSURE

The training of a trainee is performed in response to an instruction from a training task presentation (110) and the trainee responds by using a
5 trainee's response collection unit (111). At the same time, a brain activity measurement unit (101) and a signal converter (103) using a cable (102) for transmitting signals of brain activity measure the brain activity of the trainee. Through a comparison
10 between a response from the trainee and the result of brain activity measurement, a training effect is evaluated and a next training task to be performed is determined. For optimum training, the training is evaluated based on both of a training effect which can
15 be evaluated from the outer appearance and brain activity corresponding thereto.